

Newsletter



Director's Training

We are pleased to offer CACFP director trainings this month in three locations. One CACFP director from each child care institution is required to attend. One assistant director is also welcome, but is not required. The agenda will be the same in all three locations. The presenters will be Mary Musil, RD, Program Manager, Carrie Leu, Program Specialist, and Dick Bridegroom, guest speaker from the DPHHS Audit Division. All of these trainings will be in October so that directors have the information they need to have a successful year. These are the only trainings for directors that will be available this 2009 federal fiscal year.

These CACFP Director trainings have been approved for three (3) hours of Montana Early Care and Education Career Development credit by the Montana Early Childhood Project, MSU-Bozeman. The training is in the 'Program Management' knowledge base category.

The trainings are available in three locations, all of them begin at 9:00 AM – and dismiss at 12 Noon. To register, call Rebecca Moog at 1-888-307-9333 or (406) 444-4347. Flyers with directions will be mailed from our office or check the MT CACFP website for information. www.childcare.mt.gov

- * October 28th in Billings, St. John's Lutheran Ministries
- * October 29th in Helena, St. Peter's Hospital
- * October 30th in Missoula, Best Western Grant Creek Inn

Cook's Training

Next Spring, in March 2009, we are pleased to offer CACFP cook's trainings for food service staff statewide. One cook from each child care institution is required to attend. Additional cook staff may also attend if space permits. We are pleased to announce that we have received USDA TEAM Nutrition funding in support of these trainings, giving us the resources to hire instructors, purchase food supplies and provide the instructional materials we need to inspire and achieve new cooking skills. We will be rolling up our sleeves and turning on the stoves and ovens to cook and bake delicious foods and entrees to serve in child care. We will apply for, and we anticipate receiving approval for training hours of credit for these cook's trainings from the Early Childhood Project, MSU-Bozeman. This training will be in the 'Health, Safety and Nutrition' knowledge base category. Look for more information in the mail and our January newsletter.

"Child of Mine" Workshop; theory to practice

For the first time in a 19 year history, Connie from Constance Care in Plentywood, closed her childcare facility so all of here staff could attend the "Child of Mine" workshop, Helping Children Eat and Grow Well in Childcare, held on June 10th in Helena. Thank you Connie for sharing the following story.

"Pam Estes kept my staff, along with the audience, spell bound as she presented her educational material throughout the day. After the training, my staff and I enthusiastically brain stormed ideas on how to try serving family style meal service again during the 12 hour drive home. We had tried family style in the past without much success. In the past we chose to modify family style; the children were coughing and sneezing on the food as well as touching each other's foods. The children were served their food on plates by staff and encouraged and coaxed to try their food.

After the workshop, we were all very enthused to try family style again. Wow! Serving 100% family style has allowed staff to sit at each table with their group rather than jumping up and down continuously to get seconds for the children. The 'Division of Responsibility in Feeding' states the providers job is to decide when and what to serve at mealtime and the child's job is to decide what and how much to eat, if any. Applying the 'Division of Responsibility' in our meal service has removed nearly all stress from the staff during mealtime. It took awhile for staff to feel comfortable when a child chose not to eat any food and only drink milk. But we remember it is the child's choice as to what and how much to eat. Some parents don't agree with our family style meals. However, understanding the 'Division of Responsibility' makes it easier for staff to discuss feeding issues with parents.

We thank you for the opportunity to attend this valuable training. My employees said it was the best ever!"

Connie Nelson & Constance Care Staff

October 2008

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Special points of interest:

- * **Connie Nelson, thank you for sharing the positive experience the Ellyn Satter Institute "Child of Mine" Workshop has made in your childcare center .**
- * **CACFP Annual Training Dates**

Reminders and Dates:

Mark your calendar:

October: Federal Fiscal Year 2009 begins October 1st

** General recordkeeping: 2009 and 2008, 2007, 2006 (current year plus 3 years on file) files must be on site and accessible for CACFP review purposes*

October: Annual Director's Training October 28th, 29th, 30th

December: Expenditure Report due date is December 31st

Sponsor of Center Facility Monitoring Months:

- October
- February
- April

Training commitments for the year:

Institutions participating in CACFP must provide two trainings to their staff, relevant to the CACFP, each year. Remember to retain an agenda and staff sign in sheets for each training.

Required Postings:

The "And Justice for All" and WIC posters are required to be posted in a prominent place in your institution. CACFP distributes guidelines for the WIC Program, a USDA funded Special Supplemental Nutrition Program for Women, Infant's and Children, annually. If you have not received your 2009 WIC guideline poster, contact the MT CACFP office. If you would like to request additional "And Justice for All" posters or a hand washing posters contact the MT CACFP office.

Around the State:

MTAEYC Annual Conference: Making the Connection, October 16-18 in Helena www.mtaeyc.org

Forums for Best Beginnings STARS to Quality for Providers: Contact a local Child Care Resource and Referral Agency for more information.

*Oct. 9th, Billings District 7 HRDC 6:30 pm

*Oct. 14th, Missoula 6:30pm

*Oct. 22nd, Glendive DEAP CCR&R 7 pm

*Oct. 23rd, Sidney Medical Center (down stairs) Sidney 6:00pm

*Oct. 28th Bozeman

Starting the Year Off Right; civil rights compliance

Civil right is of utmost importance in CACFP. Civil Rights is a program integrity component of CACFP. All USDA Food and Nutrition Programs are held to a standard.

As a recipient of federal funds your institution is responsible for ensuring equal opportunity for participation in programs and upholding the Civil Rights Restoration Act of 1987 which clarifies the scope of the Civil Rights Act of 1964.

CACFP state staff ensures you receive the appropriate civil rights information each year through annual training and technical assistance. We also ensure MT CACFP is in compliance through training, renewal applications, and posting a public notification of your participation statewide in regional newspapers

on your behalf. There are many pieces to civil rights program compliance. Below are items you can do to ensure your institution is on top of civil rights compliance.

*Remember to be proactive to avoid problems.

Does your institution:

1. Display the "...And Justice for All" poster in all service areas (sites & appropriate administrative offices)
2. Include on all organization materials that mention USDA or the CACFP, the current official version of the USDA non-discrimination policy statement.
3. Provide written material and translations of written materials to

non-English speaking customers, or have available translators or interpretive services as needed to convey CACFP benefits to all participants and potential participants and family.

4. Provide training annually to staff on civil rights and the importance of civil rights in your institution, especially front line staff who interact with customers.
5. Have in place a procedure for receiving and forwarding alleged civil rights complaints, and train staff on the procedure.
6. Have a process to document complaints; for instance a complaint log that is maintained and stored in a central location.



Celebrate The Harvest Season



Menu Items



Cooked
Beets & Butter

Corn Chowder

Pea Salad

Glazed Carrots

Fresh Tomato
Slices

Baked Broccoli
and Cheese

Oven Baked
Potatoes

Corn
Potatoes
Squash
Snap Peas
Green Beans
Melons
Beets
Carrots
Pumpkin
Broccoli
Leeks
Tomatoes
Sweet Potatoes

*Increase the number of foods served on your menu,
which are high in Vitamins A, C, & Iron.

Baked Squash with
brown sugar & butter

Cantaloupe &
Honeydew

Corn on the Cob

Vegetable Chili

Roasted Vegetables

Baked Beets

Potato Pie

Recipe Resources:

- * <http://kidshhealth.org/kid/recipes/index.html>
- * www.nnce.org/Nutrition/recipe.kid.html
- * <http://healthymeals.nal.usda.gov>



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Thank you for completing your CACFP renewal application!



The US Department of Agriculture, Food and Nutrition Service, in their 2005 Dietary Guidelines, has renamed the breads food group as “**Grains**” to encourage whole grains and renamed the meat group as “**Meat and Beans**” to encourage more frequent use of beans as protein food in meals. It is fine for us to use these new updated names for these two food groups as we create menus and talk with staff and with families about CACFP meal services. USDA’s print materials for CACFP will likely include these name changes in the future. The CACFP food components *inside of* these food groups is unchanged, and remains the same.

Welcome New MT CACFP Centers

Anaconda, PCA, Anaconda
Bozeman Playschool and Family, Bozeman
Adelphi Children’s Enrichment Center, Billings

**Find CACFP on the web at :
www.childcare.mt.gov**